

Your Invited

If you wish to learn more about Post Polio Syndrome, join us. Our Polio Regina group meets at 7 pm on the last Thursday of the month at Wascana Rehabilitation Centre. Wheelchair access is gained from underground parking. **Next Meeting will be our Annual Meeting on Feb. 22, 2001. Reminder that Memberships are due at the beginning of the year.**

MEMBERSHIP APPLICATION POLIO REGINA Inc.

Name _____
Active () if you had polio Associate () New () Renewal ()

Address _____
_____ PostCode _____

Phone: _____

Annual membership fee: (Jan.- Dec.)

\$10 Single; \$15 family \$ _____

My donation to Polio Regina Inc.: * \$ _____

Total \$ _____

(If you require sponsorship for your fee, inform our membership chairman)

Please make cheque payable to: **Polio Regina Inc.** and mail this application form and cheque to: Polio Regina Inc. 825 McDonald St. Regina, Sk. S4N 2X5

* (Official receipt of donation for income tax purposes will be mailed.)



December, 2000

Editor: Fred Ramsay
Phone: 543-6380

Polio Regina Incorporated

825 McDonald Street, Regina, Sask. S4N 2X5

WE WISH ALL OUR FRIENDS
A JOYOUS CHRISTMAS and A HAPPY AND HEALTHY NEW YEAR
and (hope that your candidate won on Election Day)

President's message:

Another year is just winding up and I'm still waiting for the millennium disaster to strike.

It has been a terrific year for Polio Regina with good attendance and participation at our meetings and good information from our speakers. Special thanks to Dr. Mavis Matheson for keeping us well informed.



I have many more people to thank:

Don Volpel for keeping us on track with his detailed minutes, Verna & Ross Copeland for watching the cash box, being our convenors for the meetings and arranging flowers and fruit baskets for our friends in hospital; thanks also to Lloyd & Inge MacPherson for assisting with the convening of meetings.

Blenda & Fred Ramsay for supervising the phone brigade and jointly writing and printing the Post Box newsletter.

Suzanne Lalonde, vice president who does a lot of behind the scenes duties; and of course thanks to our phoning crew who do an excellent public relations job.

We have a well-coordinated team and they deserve your praise.

Thanks for being active members and I hope to see you all at our Christmas party on Saturday, December 9 at the Eagles Club, 1600 Halifax St.

Cocktails at 6:00 pm; Dinner at 7:00 pm. Tickets are \$13.00 per person.

Norm Beliveau - President

Ontario March of Dimes

Post Polio Conference & Reunion will be held Sept 7 to 14, 2001 at YMCA Geneva Park Conference Centre, Orillia, Ontario. (90-minutes north of Toronto)

You are invited to join in celebrating Ontario March of Dimes' 50th anniversary with this special Reunion and Conference! Check it out!

Reservations will be taken after January 2001.

If you are interested, please call Elaine Hall at (416) 425-3463 or

Email: ehall@dimes.on.ca <http://www.genevapark.myca.ca/>

There are **two parts** to the Conference & Reunion:

1. **Conference** will be Friday, September 7 to Sunday, September 9, 2001.
2. **Wellness Camp Reunion and Retreat**, Sunday, Sept. 9 to Fri., Sept. 14, 2001.

Equipment Dealers List in Regina:

Automobility Medical	1444 Lorne Street Phone: 791-9840
Independent Living	1048 Winnipeg St. Phone: 352-2579
Medichair	3251 Saskatchewan Dr. Phone: 584-8456
Prescriptions Plus:	
Pasqua Hospital	Phone 352-6309
Regina General Hospital	Phone 565-8088
Saskatchewan Abilities Council	1118 Winnipeg St. – Phone: 569-1262
Jolly's Veterinary & Surgical Supplies	120 Victoria Ave. Phone 522-3833

Special needs Equipment Installations

Rian Tannahill Phone: 731-2097

Various department, hardware, and drugstores do carry some of these items. The following are some examples: Canadian Tire, Co-op, Gift shops at each hospital, Revelstoke Hardware, Sears-mail order, Wal-Mart. etc. Please note: Dealers carry different products and not all of the dealers may have what you are looking for, so you may want to call prior to visiting the dealership.

Please Note that Templeton Special Needs have gone out of business

These are just a few of the many things you need to be aware of. There are many makes and models available in three- or four-wheel scooters and a large variety of power chairs to choose from. Consult with medical supply stores and occupational therapists to find the machine that is just right for your body size and needs. Make a list of the things you will do with your scooter/power chair. This will help you determine what features you require.

As you use your machine you will get to know motorist's driving habits. Drivers may be more courteous on the weekend and at times other than rush hour. Learning how to be safe is very important. A car will always win in a scooter/power chair altercation.

(Michael Creurer uses a scooter full time and is a Scooter Safety Seminar facilitator for the Red Cross and is the author of Safety Travel & Etiquette Tips for Pedestrians On Wheels. He will be sending us a copy of this booklet to us for our library.)

Wheelchair Etiquette

Always ask the person using the wheelchair if he/she would like assistance before you help. Your help may not be needed or wanted.

Don't hang or lean on a person's wheelchair because it is part of their personal body space.

If the conversation lasts for more than a few minutes, consider sitting down or kneeling to get yourself on the same level as the person in the wheelchair.

Don't demean or patronize the person in the wheelchair by patting him/her on the head.

Give clear directions including distance, weather conditions and physical obstacles that may hinder the person in the wheelchair's travel.

Don't discourage children from asking questions about the wheelchair. Open communication helps overcome fearful or misleading attitudes.

When a person transfers out of the wheelchair to a bed, chair, or car, do not move the wheelchair out of reach.

Be aware of the person using the wheelchair's capabilities. Some users can walk with assistance and use a wheelchair because they can conserve energy and move about quickly.

Don't classify persons who use a wheelchair as sick. Wheelchairs are used for a variety of non-contagious disabilities.

Don't assume that using a wheelchair is in itself a tragedy. It is a means of freedom that allows the user to move about independently.

Pedestrians On Wheels

By Michael Creurer

(Reprinted by permission from Post Polio Awareness & Support Society, B.C.)

Every year people are purchasing scooters or power chairs and taking to the sidewalks with little or no formal training.

These mobility aids allow people with varying degrees of physical disability to maintain an independent life-style. Activities like grocery shopping, which used to be physically exhausting, can now be accomplished with a minimum of energy needing to be expended. Those who have driven cars for many years learn how to operate these mobility aids with ease; those who have never driven a car are much more cautious. In either case, there is much more to learn than just the operation of the mobility aid.

All new operators need to learn their local pedestrian laws, how to share sidewalks with walking pedestrians, and how to safely interact with motorists. Unfortunately, the businesses that sell these mobility aids often do not offer any kind of practical training program for people.

If you are purchasing your first scooter/power chair or replacing your present one, here is a list of features and safety tips to consider:

1. If the machine is not equipped with a flagpole and flag, have the dealer put one on for optimal visibility. If for some reason the dealer cannot do this, go to a bicycle shop.
2. Be sure that your body fits the machine properly. If possible, consult an occupational therapist before making a purchase.
3. Make it a habit to always turn the machine off before you get on or off.
4. Practice driving your machine on all types of terrain with someone else present before venturing out on your own.
5. If you plan to be out at night, have your machine equipped with lights and reflectors.
6. Be an alert operator. Always check for cars preparing to turn into your path at uncontrolled intersections. Make eye contact with drivers before entering crosswalks.
7. Slow down when approaching curb ramps. Many will jolt you and your machine if they are uneven.
8. Carry a cell phone or a card with the word HELP on it in case of an emergency. You can let people know that you need assistance.
9. Rear-view mirrors can be helpful. They allow you to see anyone coming from behind.
10. Read the owner's manual thoroughly to learn about all the features of your machine. For example: do you know where the reset button is? How much air pressure should be in the tires?

FINANCIAL REPORT October 27 – November 16, 2000

Bank Balance October 26, 2000		1,759.69
Income		
Interest	.24	
Memberships	25.00	
Donations	20.00	
Banquet tickets	<u>390.00</u>	
	435.24	2,194.93
Expenses		
Fruit Basket	39.25	
Printing	174.12	
Photography	7.40	
Gift Certificates	<u>60.00</u>	
	280.77	
Bank Balance November 16, 2000		1,914.16
Term Deposit		2,266.44

Executive 2000

President: Norm Beliveau

Programs: Dr. Mavis Matheson

Vice president: Suzanne Lalonde

Phoning Chairperson: Blenda Ramsay

Treasurer: Verna Copeland

Convener: Verna Copeland

Secretary: Don Volpel

Post Box editor: Fred Ramsay

I came across an ad donated by Canon and *International Herald Tribune* dated May 31, 2000 in support of *UNICEF* and it provides the UNICEF web site www.unicef.org/polio and you may find it interesting and useful for our members of Polio Regina.



Thank you to everyone in Polio Regina for your cards and good wishes and for the lovely fruit basket that I received after my back surgery last month. I am glad to report that I am getting stronger day by day and that Fred has been taking good care of me.

I am grateful to Dr. Mavis Matheson for all the good advice she gave me before my surgery, as it seemed to be invaluable information for the hospital staff that looked after me. I went armed with copies of **“The Knife In Not So Rough”** and made sure the Anaesthetist, the Surgeon, the Head Nurse and nursing staff were aware that I had polio. They were most interested in this article and thanked me for all the information. Some even made copies of the article to pass on to co-workers.

I had wonderful care throughout my stay and I was up and walking around the ward within three days. Thank you again for all your cards, calls and visits. If you are facing surgery, feel free to call as I may be able to give you some information or guidelines to follow.

Blenda Ramsay

Congratulations to Ross & Verna Copeland

who celebrated their 50th Anniversary at a Come & Go Tea on Oct. 22. There were 150 in attendance.

Ross & Verna thank everyone for coming, for your cards and gifts, including the presentation made to them by Pres. Norm Beliveau on behalf of the Regina Polio Group. May you enjoy many more years of good health and happiness.



Other News:

We offer our sympathy to the Edith McCallum and the family of John “Jack” McCallum who passed away on October 3, 2000. Mr. McCallum had been a member of our organization for many years. A Memorial Service was held at the Regina Funeral Home. We thank them for the Memorials Polio Regina received in his memory.

We understand that Jim & Jeanette Hipfner had a wonderful bus trip down east to Prince Edward Island in September. You will have to ask them for the full details when you see them.

Susie Quinn is back to knitting toques and scarves for under privileged children. We saw her being interviewed on TV last week. Daryl helps her pick out the colours. Keep up the good work Susie!

Birthdays

Nov. 1 Virginia Denzin
 Nov. 7 Jim Allonby
 Nov. 8 Anne Bartell
 Nov. 16 Suzanne Lalonde
 Nov. 23 Joan McIver
 Dec. 8 Carol McClintock

Dec. 11 Grace Lekivetz
 Dec. 16 Del Hayden
 Dec. 20 Ernie McClintock
 Dec. 23 Ruth Adelia
 Dec. 31 Patrick Matheson

Jan. 4 Pat Allonby

Feb. 2 Maurice Denzin
 Feb. 7 Jackie Ball
 Feb. 20 Barry Brown

Anniversaries:

Nov. 16 Norm & Bernice Beliveau
 Dec. 28 Jackie & Keith Ball
 Feb. 20 Don & Grace Lekivetz

